

C. V. SCHLEMIER on

HYDROPATHY

the cold water cure  
of diseases

1842



# HYDROPATHY.

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## THE COLD WATER CURE OF DISEASES: ITS PHILOSOPHY AND FACT.

WITH CASES,

PROVING HOW CERTAINLY THIS SYSTEM BENEFITS THE AFFLICTED.

IN TWO LECTURES:

1ST. *FOR THE HEALTHY.*—2ND. *FOR THE SICK.*

TRANSLATED FROM THE GERMAN

OF

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## PREFACE.

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FIRST of all, be it understood, that I wish not to interfere, by my public expositions, in any hostile manner between the English public and its medical men, but that I wish only to propagate those principles of Hydropathy which, from an extensive experience of twelve years, are already recognized in Germany by a great number of the scientific men in that country. This statement may serve as a premonition, that whenever I may be compelled, in the course of my explanations, to enter into a comparison between the water-curing and the drug-curing system, I do not wish it should be regarded as a personal matter.

Though the system of Water-curing, or Hydropathy, stands in a direct opposition to the system of Drug-curing, or Alopathy, yet the Hydropathist cannot, in justice, be a personal enemy to the Alopathist, both having, as the end of their practice, the good of their fellow-creatures in view, that is, the improving and curing of their bodily conditions.

The question is, which is the right system? and what is the right way to carry this system out?

It is, in the first place, a question of principle. Every principle, every system which can be reached by reason and common sense, is no longer the monopoly of a privileged class of professional men, but it becomes the common property of the thinking public; and those systems and principles which relate to the well-being of the hu-

man body, are more especially public property, inasmuch as these important conditions, *health* and *life*, depend on them.

But the majority of the public have yet attained to no knowledge in this respect, except what they have derived from antiquated prejudice and absurd customs. The healthy and the sick are still sacrificed at the shrine of ignorance and selfishness. The removal of their prejudices, and the subversion of their irrational habits, will involve also the relinquishment of the practice of druggery.

The medical profession will, undoubtedly, at length adopt the more enlightened views of the hydropathic art; yet great difficulties will be experienced by its first introduction, for the public must have obtained a knowledge of its principles, and have imbibed a full confidence in its success, before the medical practitioners will be allowed, by their patients, to relinquish druggery, artificial mixtures, and poisons, and to follow the new way of curing with nature's universal restorative—*fresh spring water*.

These notions, which I wish to spread as far as my limited powers enable me to do, are founded on the experience of the wonderful success with which fresh spring water in various modes of application has been used during the last twelve years in Germany; and this experience takes two forms, agreeably to which I have entitled the following lectures:—

I. Of the dietetic use of fresh spring water—for the healthy.

II. Of the curative use of fresh spring water—for the sick.

C. V. SCHLEMMER.

# LECTURE I.

## OF THE DIETETIC USE OF WATER,

(As a preventive).



IN the first place, I shall explain to you, as far as possible, the nature of fresh spring water. You will perceive in water an adaptation to our bodily constitution, at which you will be the more astonished, in proportion to the disregard with which you have previously treated it. No natural philosopher has yet given a perfectly satisfactory explanation of *water in all its relations to the human body*; therefore, incomplete as mine may be, I am bold to say, that it is the first which contains, in so popular and so short a style, all that science and experience have, up to the present time, ascertained.

Experience teaches, that for satisfying the thirst, nothing is so efficacious as *fresh spring water*. Let us not confound the acquired want of the palate, the *taste*, with the natural want of the whole constitution, the *thirst*. This real thirst cannot be satisfied with any other liquid in so refreshing, softening, and durably vivifying a manner, as with fresh spring water.

Who has not experienced the improved degree of feeling after having washed his hands and face, especially the gums and the eyes, with *fresh spring water*? But who has yet thought it worth while to reflect seriously upon these effects? They have been regarded, or rather disregarded, as merely matters of course, like many other benign laws of nature, to which we are still more indebted for our well-being than to the inventions of art and science.

With a similar inattention has been treated, in general, another fact of importance, viz. a draught of fresh spring water early in the morning, even still in the bed, long before breakfast, has such a highly beneficial effect in clearing the stomach and the bowels from the nightly depositions and remainders, and in promoting a good appetite, as well as a more free circulation of the blood and of all the juices.

However, you may ascertain this truth every day, to the benefit of your own constitution, and thus become convinced that *fresh spring water* has, in this respect, anything rather than a weakening effect, as prejudice tells you; but that it must be, as reason declares it, of a strengthening nature, mild and permanent; and that no artificial *medicine* can operate so permanently. For a stomach which performs its functions regularly and freely is certainly not *weakened*, but *strengthened*.

Moreover, the fact is well known, that a short bath in fresh water produces a vivifying, strengthening impression upon the body. To the faithful natural philosopher, this impression appears perfectly *electrical*; and nobody can deny experiencing a similar sensation, if he will pay attention to his feelings when he takes a short cold shower or plunging bath. The scientific term “tonic” implies about the same thing.

It was not, therefore, without reason, that during the middle ages, the faculty in Europe recommended the cold bath as a preventive and restorative. But, at the same time, the people, less degenerated by artificial indulgences and sedentary lives, were better prepared to accept the remedy, and the profession, like all others, was less crowded with competitors in artificial remedies—a circumstance which, in the present day, renders disinterested simplicity almost impracticable.

England especially has the merit of having possessed, in former times, some eminent hydropathists—Dr. Floyer, Dr. Smith, Dr. Cheyne, Dr. Hamoke, all of whom were famous for curing various diseases with no other means than *fresh water*. Details of their success are recorded in their published works.

In order to give you a key to the understanding of the wonderful cures effected by the ancient hydropathists, as well as by those of the present day, I intend to give, in a concise manner, the remarks of one of the greatest philosophers in medical, chymical, and natural science of the present age—he died in 1836, at eighty years of age). Dr. Hufeland, in Berlin, has given his convictions, resulting from long and deep observations, with respect to the water and use of fresh spring water. In his works, which were published long before any hydropathic movements of the present day had appeared, he says:—

“Undoubtedly there exists, in fresh spring water, a much higher power than we have hitherto suspected; it is a marvellously vivifying power.”



“Undoubtedly *spring water*, which is generally treated with disregard, nay, even rejected as injurious to health, is the best of all beverages, under all circumstances.”

“At every draught of fresh spring water, we imbibe materials for a new magical conscientiousness of life.”

“Who could ever satisfactorily explain the marvelously vivifying power of a simple bath in fresh water? or its extraordinary effect in the removal of diseases, for saving life in the high stages of Typhus, Cramps, Atrophies, (consumption or decline,) exhibiting an efficiency which has not yet been obtained by any other means of art or nature? It is remarkable enough, that the effect in all such cases has invariably been imputed to any circumstance rather than to the simple water itself.”

Fresh spring water contains oxygen and fixed air, which I call the *Spirit of the Spring*; hence—

- a*, It vivifies, it refreshes, strengthens, and nourishes the stomach, and thence the whole body.
- b*, It cleanses the stomach, the bowels, and the rectum.
- c*, It revives and strengthens the nerves as well as the muscles, and thence it regenerates their powers and sensibility.
- d*, It accelerates the circulation of the juices, and above all, of the blood; and thence it causes more normal warmth in the body.
- e*, It prevents and destroys all stoppages, while it arrests the progress of putrefactive decay in the body.
- f*, It promotes digestion as well as secretion, and thus:
- g*, It cures wounds and ulcers, and stops inflammation, swelling, and bleeding.
- h*, By its penetrative tenuity, it conveys into the most delicate vessels of the skin and flesh its whole oxygenous elements, the very source of refreshment, health, and long life.

In order to obtain all due credit for these assertions, let us, for a moment, examine the elementary nature or composition of fresh spring water. Let us begin with the analysis of the fresh air, the indispensable necessity of which for our health and existence is not doubted by any one.

This air consists of different species of gases, but oxygen is the chief ingredient in it, and an indispensable condition of animal life. Oxygen is the element designed to sustain each animal life in the creation.

Now, we find, by chymical analysis, that this species of air called oxygen, forms also a very considerable part of

the water, which is in itself a composition of air—1 vol. of oxygen, and 2 vol. of hydrogen.

Besides these principal ingredients, fresh spring water contains a third, which, under the name of carbon, becomes attached to it during its passage and filtration through its subterraneous channels. The peculiarity of the carbon is, that it will be very quickly evaporated on exposure to the air, and especially to heat.

Science explains to us, by numerous satisfactory experiments, that this fixed air, or carbon, is precisely the agent required for refreshing and invigorating the stomach. But in addition to the demonstrations of science, every one whose sense or taste remains in its integrity, and whose cutaneous sensibility is unimpaired, will readily perceive, that water which has been boiled, or which has stood for some time exposed to the atmosphere, is no longer so refreshing or so invigorating to the sense as when it issues sparkling and lifeful from the spring. I need not say, what your own experiences have discovered, that the fresher the water, the richer must it be in the virtues with which nature, our provident mother, has so freely endowed it.

Besides the afore-mentioned three species of air, oxygen, hydrogen, and carbon, which, united by a galvanic agent, compose fresh spring water, it usually holds in solution also various mineral substances; but they are generally in so small a proportion in pure spring water, that it is not worth while to dwell upon them here.

When I speak, therefore, of pure spring water, I do not mean water chymically pure, as it is required for exact scientific experiments, but I mean water in its natural state, that is, free from all preponderating flavours of mineral or vegetable substances—water prepared by nature for the greatest of all experiments, the creation and sustentation of animal life. Men shall theorize and dispute as they please about the exactness of our expressions, or the state that is implied therein, but in the fact itself, the animals, with their unimpaired instincts, shall answer for us, and their well-being shall be the sanction and oracle that nature delivers for our practice and direction in our animal economy.

I have shown that fresh water is as indispensable and wholesome a life condition for us as fresh air, in founding my argument upon its gaseous nature, according to which it contains a great deal of the universal life agent, or oxygen. But if we look for a moment upon the practice of

our forefathers—upon that of all less false civilized nations—upon that of the savages, and of the animals, we obtain a still more striking and practical answer in favour of my assertion.

The objection which is often made, and which has some appearance of plausibility, viz. “that many people have lived, to whom the taste of fresh water has been all but unknown, while nobody can live without fresh air,” is of little value, if we consider a moment, that no liquid can be prepared without water, the only universal diluent in nature, and that, therefore, those people have still taken as much water as they have taken liquid, *only in an adulterated state*. And in the same proportion they have injured their health. The want of freshness in the water has certainly also been attended with a corresponding flatness of spirits and delicate health.

This, my assertion, is founded upon the axiom in animal physiology,—“Without water, there exists no secretion and no excretion;” that is, without water, there would be no digestion, secretion, or perspiration; and thus the whole renovative process in the animal economy would be stopped. Water is the indispensable agent in the kingdom of art and of nature, for all processes of dissolving and composing. And what is our animal frame otherwise than the result of such a ceaseless process? Where the materials are not pure and fresh, there the process will never go on purely and freshly.

Hence, if you will facilitate every function of your body in promoting the healthy operation of the secretory organs, give to them enough of this primitive unadulterated diluent, the Creator having especially given it *for this purpose*.

And this is indicated by the marvellous fact of its differing from all other natural fluids, such as vegetable juices, milk, &c. &c., in one remarkable particular: *It requires no digestion*. This alone points it out as a remedy especially adapted for the removal of all bodily stoppages, without calling upon the constitution, often weakened by unnatural action, for this difficult operation.

Unadulterated water wants not to undergo any digestion process, in order to penetrate from the stomach in all the smallest vessels of the body; and is communicated to all the juices in a very short time, as a cooling, refreshing, softening, diluting fluid. *Water alone forms an exception to the laws of animal economy with respect to liquids received into the stomach.*

Immediately it is decomposed by the vital heat, it penetrates all the vessels, walls, and partitions of the body, and proves its universal action, by exercising a renovating influence in every part of the frame.

Considering now that almost all internal complaints of the body are caused only by accumulations of superfluous and deranged substances, for the expulsion of which the prostrated organism has no adequate power, we must feel convinced of the incomparable value of *fresh water*.

In consequence of the presence of a large proportion of oxygen combined with carbon, it supplies the body with the *power*, and while its exceeding tenuity supplies it with the *means* of dissolving, secreting, and excreting substances, both furnish the conditions necessary to keep up the body's integrity against all the injuries which it receives daily from our mistaken dietetic treatment, which is so clearly opposed to primitive nature and her simple laws.

Here you have the reason why I recommend you to drink as great a quantity of fresh water as would appear to your general ideas an indication of folly. But with this key, you will perceive, that the quantity you drink over and above that which thirst seems to require, is not an unnatural superabundance. For, the thirst alone can no more, in justice, be esteemed the right measure for drinking amongst men, who, instead of taking hunger as the standard of their feeding, adopt the custom, the prejudice, and the momentary whim of appetite and palatial enjoyment as their rule of indulgence for eating.

It is an undoubted truth, that while led by the custom of civilized life, the measure of our deviation from nature's simple laws in diet and all else that concerns our health, will also be the measure in which we shall require the stimulating agency of remedial water.

And the necessity will exist, even though we enjoy, for a time, apparent health apart from its application. To be really healthy, it is essentially necessary to use nature's provision freely and constantly, though judiciously. How few are there, alas! of whom it can be said, that they have lived a healthy life. Few die a natural death. The life is a tragedy of bodily sorrows, concluded by a death of agony. Much of this might have been spared by resorting to the proper use of nature's offering. Our strength may yet be regenerated, and we may more frequently convey to our children the blessing of a sound body, if we recur to the proper use of fresh spring water.



It must be taken by those who are seemingly healthy, as a *preservative* of that state which they call *health*, and as a *preventive* to those chances of infirmity to which the existing generation is regularly subjected, as soon as they have passed their years of maturity. To those, they look as if they were an inevitable condition of our existence—so far they are from knowing how exquisitely healthy a creature is that lives incessantly in pure natural conditions.

But as I do not intend, by these lectures, to give that advice which shall lead mankind out of their erroneous dietetic habits back to the more simple natural conditions of life, which are still, according to my own example, much more practical in the daily intercourse of social life than you would believe, I shall here only endeavour to show to you a way by which you may, at any rate, neutralize most of those injurious effects which are contracted by daily excessive and complex eating, drinking, clothing, by irrational sleeping, sitting, resting, and many other customs and seeming necessities of society.

But this recipe is so simple, and its requirements are so little involved in mystery, and it has so many performances, such as the instinct of animals has already discovered, that I am almost afraid its simplicity will prevent your practising, although you will not be able to refuse your approval of it, on mature reflection.

This recipe consists simply in the daily dietetic use of fresh spring water inwardly and outwardly. The regular systematic use of it will be found to preserve us from the ill effects of conventional habits of diet, rendering pernicious customs comparatively innocuous.

1. *Drink regularly daily in the morning, as soon as you awake, the earlier the better, in the bed, or before you take a strong exercise, a good quantity of fresh spring water; do the same during each meal, and before you go to bed; you will then scarcely feel injured by occasional indulgences in too rich or too indigestible foods, and you will feel far less excited and troubled by spirits, narcotics, coffee, tea, &c. &c., however excessive the quantity be in abnormal measures. It should not be forgotten, however, that, in the ordinary way, not even the least quantity of them can be taken with impunity.*

2. *Take regularly in the morning, directly after leaving the bed, being yet bed-warm, abundant ablutions of fresh water, or, if you can have it, a shower bath, or better still, a short plunging bath. This habit has respect*

to cleanliness as well as to the strengthening of the muscular and nervous system, and calls forth the re-action of the vital principle with so efficient an influence, that in case you generally enjoy what is called good health, you feel yourself, after the bath every morning, as it were, new-born, and in fact younger in spirits and in power than the preceding day.

But also, in case you expose your health to the irregularities of the usual night enjoyments, or even to debauchery, you can be sure that you will prevent half of the weakening and destructive consequences, if you recur every morning, and even every evening, faithfully to this source of restoring influence, which you find in the taking of your daily bath of fresh spring water.

The preceding statements lead to the conclusion, (the reverse of the generally existing erroneous opinion,) that you find in the fresh spring water, rightly applied, the means for the enjoyment of a more durable health, of more power and freedom in physical, mental, and moral respect; in short, for a degree of enjoyment of subjective existence and objective life, the possibility of which you cannot dare to claim in the usual chance of uncertain health and old age.

Neither the means of excitement, nor the rules of temperance, can ever become a substitute for that permanent stimulus which the daily judicious use of fresh spring water furnishes.

It is of this daily use and its modifications that I now wish to give you the *measure*, in order to make you, by this lecture, independent of any further doubts or scruples, if you choose to reap the benefit of my advice in trying its practice immediately.

1. *The measure for drinking depends entirely on the individual capacity to decompose or to use the fresh water quickly after it has reached the stomach.* Therefore, the same measure that would be beneficial to one who possesses much vital heat, would be injurious to another, who, for want of it, could not bear even a very moderate quantity in his stomach, or a very gentle short shower bath on his surface.

But the right measure can easily be ascertained by each one, after a little attention and experience, by his own senses. The first impression, after having drank a glass of fresh spring water, is somewhat of a shivering feeling, which is more or less communicated from the interior skin of the stomach through the whole organism to the

exterior. But soon the re-action of the vital heat is felt overcoming the first action of the fresh water, which then becomes rightly decomposed, and used by the animal economy of the body. Now, you may drink another glass, and repeat this as long as you feel the vital heat preponderating, without the least fear of injury. Here I must observe, that in order to promote the repeated use of the fresh water inward as well as outward, two practices are adopted. The *first*, which is *active*, re-produces the vital heat by animating exercise; and the *second*, which is *passive*, concentrates upon the skin the constantly outflowing vital heat, by covering the person very closely with bed-clothes, blankets, &c.

2. *The measure for bathing or washing with fresh spring water, depends also on the re-active powers of the individual.* As soon as you no longer feel inward strength (vital heat) enough to overcome or to bear comfortably the action of the fresh water upon your skin, it is time to leave the bath, and to call forth a re-action from the inward to the outward, either by exercise in fresh air, or if this be impossible, by rubbing the skin thoroughly, until it becomes warm and ruddy, and by then concentrating the outflowing heat upon the skin, by well covering or bedding yourself.

*The degree of re-action in the vital heat always determines the measure for the use of the fresh water.*

*Note.*—At the conclusion of the philosophical part of my explanation, I wish still to bring before my readers another fact, which may help to explain the wonderful effect of *fresh cold spring water* upon the human system. I avoided mixing it up with the course of my first lecture, having, at its beginning, declared, that I should only expound that which science and experience had revealed up to the present moment. What I am now going to mention, is not, either by science or experience, recognized as a fact. However, my own practice has proved it to be true. But as the experience and the practice of one single man only, if it be in contradiction to all others, is rather considered as an idiosyncrasy than as a valuable and practical fact, I shall present the following statement merely as a theory to my readers, leaving it to them to make a practical fact of it, like I do. May those of them who are pre-organized to value such theory, derive from its practice the same inexpressible benefit which I enjoy. It is this wish which induces me to make myself, by my statement, appear rather ridiculous before thousands, than to keep such an invaluable discovery in practical life confined to the small circle of my family. Its practice made me rich, whilst formerly I was limited in means—it made me independent to choose my stay wherever I liked in Europe, whilst formerly I was enslaved to locality and circumstances—it made me moral and calm, whilst formerly I was passionate and violent—it made me healthy, strong, and young again, whilst 7 years ago, at the age of 28 years, I had almost finished my life, suffering of a vomica in the lungs, and of a consumption as its consequence, which was declared by medical science incurable, although cured afterwards by Hydropathy and natural diet.

*It is on the subject of the electric matter in our food and drink that I make the following affirmations.*

All active and passive existence in nature is to be understood by the law of electro-magnetic relation. Water consists of several kinds of gases, but the creating condition of its composed nature as *natural water*, is the *galvanic agent*, or the *electric matter* which is inherent to it at the rate of its coldness. Heat disunites it, the water becomes decomposed, and the electric matter becomes free. Observe the steam and vapour process. The warmer the water, the less binding the electric fluid is in it. The colder the water, the more electric fluid or galvanic agent in it. The warmer the body, the quicker the natural electric agent is received by the body, either by the stomach when drank, or by the skin when bathed. The more electric fluid assimilated by the body, the more life power or vitality in it. As we discharge, every moment, electric matter by our actions, at the rate of their character towards the magnetic sphere or points which surround us, our system wants also a fresh supply to make up the expenditure. We obtain the supply of our system by food. The food is taken from the air by our pores and lungs. It is taken from the water by our pores and stomach. Also fresh air and water possess the store to supply us with electric fluid. The food, on the contrary, which is taken in the civilized world does not contain any of this electric agent. Hence we cannot assimilate electricity from it. We assimilate heavy matter from it, which forms in our body obstructions to the electricity or vitality (vital principle) of our existence. Hence men become less vital living men, or beings with life principle, at the rate that they shut up their pores and lungs against fresh air, and close their surface and inside against the access of fresh water, and form their body only of dead matter, out of which the life principle, the electric fluid, is driven by the preparation process. Only those articles of food contain electricity which possess a living life power—a germ of life, as it is called. Every kind of seed in the vegetable kingdom, and every thing (except eggs) in the animal kingdom, contain a re-productive germ of life, or electric agent, when they are alive.

Choose those articles for your food, and you eat something wherefrom you can assimilate electric fluid.

In the animal kingdom, eggs and all creatures you can eat in a living state, as, for instance, oysters and animalculæ.

In the vegetable kingdom, all grains, seeds, and fruits which possess a re-productive germ of life in themselves.

But eat them living, before the electric fluid or germ of life is driven out by grinding, as in flour, or by heat, as in kitchen-food.

Hence it follows, that you must eat all these articles raw, as they come out of God's kitchen, of constructive nature, and not as they come out of your kitchen, of destructive refinement.

But as it would be irrational to advise people to take gymnastic exercise who could not go without crutches, it would be the same if I should advise you, on an average, to feed yourself in the way which I have stated to be the best. For all persons with crutches, gymnastic exercise remains but a fine theory. I do not want my above affirmations to be for my readers, on an average, more than that. I only wish them to believe, that my three sons, of 11, 10, and 4 years, with their tutor, a German gentleman, do live so, and enjoy the best health, like myself, and that I have practised this system during the last six years. Raw peas, beans, and fruit are our food, our teeth are our mills, the stomach is the kitchen. The result of this experiment surpasses all expectation; so that I am going to establish an educational experiment on this ground, by which I intend to educate, with my own sons, a dozen well organized boys, on my own account, if I cannot find parents who are rational enough to give their sons and to pay for them. The prospectus of this educational experiment may be had of me.

*nonsense.*



## LECTURE II.

## OF THE CURATIVE USE OF FRESH SPRING WATER.

(For the Sick.)



BEFORE entering into any explanation of the fresh water as a curing means, I shall first try to create the conviction amongst my audience, that it is not only the medical man, in the professional sense of the word, or the learned allopathist, who is able to give a competent explanation of that art, which is called the *curing art*, but that there may be, besides them, still other capacities which are entitled to understand the *curing art*, and to give satisfactory explanations about it.

To create this conviction amongst you, I shall, for a moment, recur to the authority of one of the greatest medical practitioners and philosophers of the present century—to the before-mentioned HUFELAND. His testimony may fairly be attached to my own, in order to do away with all rational scruples about my assertion amongst medical men or lays.

In one of his works (Berlin, 1833), his expressions, of which I was, at the time, a personal hearer, are recorded as follows:—

“The *physician of nature*, and the *physician of the school*—these are the two features of the medical world, which we see represented throughout the whole medical history up to the present day.

“The *physician of nature* is nothing else, and tries not to be more, than the servant, the interpreter, the priest of nature. He wants not to be anything *by himself*; he wants only to be the organ of nature, by which it utters and by which it acts. Nature is his sanctuary, his intuitive deity, to which he has devoted himself, and in the service of which he feels himself happy: and it is only by a constant relation with, and by living himself in nature, that he enters into that intimate connexion with it, which enables him to understand its voice, to recognize and to execute its commands.

“His art consists in humility, in modesty, in self-denial,

and love—in seeking not the promotion of his own interest, but of all that is excellent and true, and of the welfare of mankind—in a deep veneration for the majesty of the incomprehensible, and for the divine excellence visible in nature—and lastly, in the purity and in the true state of his own heart. His truth must only be the truth of nature, that is, *the truth of facts*, and not that of man's mental refinement and doctrine.

“The *physician of the school*, on the contrary, arrogates to himself the place of nature. He wants not to be its humble servant, but its master and leader—he wants not to submit his experiments to nature: no, he wants to submit nature to his experiments. Instead of giving up himself in modesty to the revelations and commands of nature, he, on the contrary, imposes upon it his individual views and the self-made will of his own; erecting thus for himself a false idol, which he calls *system* or *doctrine*, and which he adores, instead of the only true system and doctrine in existence, revealed in nature.

“He endeavours and strives to force all natural utterances in the model of his system—he is blind to all symptoms which prove the opposition of nature to his unnatural course—and he overlooks entirely the fact, that nature has its own eternal laws, totally differing from the vain conceits of man, which are the real source of his systems and doctrines.

“Not nature is his temple, but the school. His life is not that of nature, but that of the school and of selfishness. The revelations in which he believes are not the revelations of nature, but those of his own; and generally, he does not recognize any other spiritual power than his own mind.

“We are indebted to the many failures of the system of *the school*, and to the beneficial progresses of natural philosophy, for the conviction that *the curing art is not to be found* in a school, in a system. This conviction is going to lead us upon the right road towards the *pure curing art* of experience of Hipocrates—towards the true and genuine service of nature in matters of *curing* and of *medicine*.

“Two conditions are required to this end:—

First, the understanding of the outward nature, or *outward conception*, which is called the knowledge of nature by experience.

Second, an inward education and direction of the mind, for the sake of understanding nature, or *intuition*.

“Both are essential conditions for the elevation of the curing art—they are even its chief pillars. One cannot exist without the other. Knowledge of experience only, without education of the mind, leads to *blind empiricism*. Mental education only, without conception of nature by experience, creates *visionaries*. The greatest of all arts, (*interpretatio naturæ*, as Bacon calls it,) the interpretation of nature, is the task.

“We have to regard nature’s outward facts as its words and speech—we have to understand them, and to learn to ask nature again by experiments. It will answer. Thus we arrive at the point of finding the laws of its appearances, and of obtaining, by numerous comparisons, as in algebra, an outward conception of the great unknown power, although it remains, in its inward being, always the unknown and the invisible.

“There is only one way to arrive at this point: it is by a close relation with nature, especially with the living, with the suffering nature in animal creation—by that which is generally called *experience*.

“By this experience, not only the outward senses become educated to perceive the appearances of nature, but also the mind receives, at the same time, the true education and direction to conceive and to understand nature. An education resulting from speculation will never lead to it. Only from an intercourse with nature itself can emanate the natural sensibility and perception. The more we commune with nature, and the closer we enter in relation with it, *the more the inward eyes of our mind will be opened*—the more our idea will meet the idea of nature—the sooner we arrive upon the tracks of its invisible will and working.

“ONLY HE IS THE TRUE PHYSICIAN, WHO RECOGNIZES THAT IT IS ALWAYS BY NATURE ITSELF THAT DISEASES ARE CURED, and that he shall only be its confidant, its workman, by whom the curing process is conducted, promoted, or moderated, or sometimes even called in action, *who*, although full of the deepest veneration for the invisible creating power, does still not neglect any appearance of the visible nature, *who* does not disdain any mode of experience which leads to the understanding of nature, *who* keeps his mind free, clear, and susceptible for all kinds of impression, and preserves himself, by this very fact, against fixed ideas and prejudices, and *who*, whilst he worships above all the book of nature, still values and uses the traditions of its true priests—as those of a

Hipocrates, Sydenham, Huxham, Boerhave, Fr. Hoffman, and others of a similar character."

After this excellent explanation of such an authority as Hufeland, you will give, I hope, due credit to the following explanation of the relation existing between human nature and the different curing methods with drugs or with fresh water.

Each cure is only effected through the *in-dwelling curative power*, (*vis medicatrix naturæ*). Therefore, the aim of *each* curing method is to *animate* and to *strengthen* this curative power, and to *aid* it with the means which it requires for the conquest of its obstructions.

But how can the simple *fresh water* have such powerful effects? you will, perhaps, inquire. Here is my answer.

1. *By the fresh water are effected* the animating and the strengthening of the interior curative power, or the vital activity in the patient, through its electrified *oxygen*, as the food for all animal life power.

2. *By the fresh water are given* the means for expelling all those diseased matters which obstruct the interior curative power. They are given in the form of its *perfect fluidity*, (the finest visible in creation,) and in its penetrative tendency into the smallest vessels of the body.

Hence the water procures at the same time the means of *animating* and *strengthening* the organism, and the means of *liberating* it from those stoppages which obstruct the interior curative power; and this all in virtue of its elements, of which each, by itself as well as in its combinations, is indispensable for the existence of the animal economy in creation.

May I now ask—Is there a more universal and more efficient means for curing diseases than *fresh water*? and is it not to be preferred to the use of drugs?

But before answering the latter question, let us, for a moment, look at the system of curing by the *use of drugs*, in order to make a fair comparison, unbiassed by any prejudice or blind party-spirit.

The whole of medical science asserts, that the use of drugs is calculated—

1st. To animate and to strengthen the interior curative power.

2nd. And to furnish the means for conquering and expelling its obstructions.

This aim being always the same for each curing method.

However, from the use of drugs, you can only expect the effect which is looked for, as the result of a chymical process, taking place in our stomach in the first instance, and then in our whole system, to which process the materials are presented partly by the drugs and partly by the fluids of our body.

If you will ascertain a clear result from a chymical process, you must beforehand be clear and certain about the relation of the materials amongst themselves, otherwise, you build sure expectation upon uncertain conditions and your conclusion will be erroneous. But how is it possible to ascertain, with perfect certainty, the nature of our internal substances, in their living interchanging relation amongst themselves, and to the drugs in their decomposed forms and qualities? For, the relations of our internal substances, in their diversified *living* interchanges, can never be watched and ascertained, still less can they be brought under a system for studying with precision. The infinite mass of seen and unseen, of known and unknown causes in the animal economy, every moment change the effects, and never allow our short-sighted eyes to determine a result from such given conditions or materials as the different kinds of drugs are.

Hence the question—Can the use of drugs especially and generally present to the interior creative power so sure a means for the animating, strengthening, and excreting process, as this universal element, *fresh water*, the nature of which stands in the most intimate indispensable relation to the animal economy, and furnishes even the chief conditions to its curative power, viz. electrified *oxygen* and *carbonic* as power, and the *finest fluidity* as material?—

The use of drugs may have served the purpose, although inefficiently, for the times when nothing better was discovered; but at present, after an experience of fifteen years, and statistics of more than 7,000 successful cures performed only at Graefenberg, besides those of the 74 other German establishments, do you still want more proof and argument for the declaration that *fresh water* is the *best* means of curing diseases?—

I trust you will be satisfied about that, at least with respect to the theory of the system, of which I have just given a short universal outline.

It is true, there may also occur unsuccessful applications of the cold water, and they have occurred in Germany most frequently, in cases where the patients



have proposed to conduct the whole treatment themselves, after a superficial knowledge taken from a book, or where they have trusted themselves to their medical men, expecting that the water was to be applied about in the same category with the other articles of the *materia medica*—even in connexion with drugs, spices, stimulating drinks, &c.

I shall give only one of the most common instances as they occur in practical life. If an eruption, or an abscess, or an open chronical wound, shall be cured by the hydropathic means, it usually happens that the discharge increases, or that some more eruptions are formed on the surface. The peccant humours become, by the use of the fresh water, solved, moved, and, by the animated re-action of the vital principle, expelled to a far greater extent of appearance than hitherto perceived by the patient. These efforts of nature are often accompanied by an excitement of the whole organism—a kind of crisis.

Now, the patients, under their own treatment, or under that of inexperienced administrators, labouring under the impression that the water has produced all those temporary symptoms of augmented indisposition, become afraid, and leave off Hydropathy, or, what is worse, recur immediately to drugs, in order to counteract the symptoms of the hydropathic transition-process. They decry the mischief that Hydropathy apparently effected, and exclude it therefore for ever from their practice. Why? Not on account of its inefficiency. No; just the contrary: on account of not understanding the symptoms of its unequalled efficacy.

Or, for instance, a regular free-liver tries the cold-water-cure, without remitting excess in gluttony, in taking strong drinks, in indulging himself in night-entertainments, and then in rising at a late hour, and not taking exercise, &c. &c. Such a patient will derive very little benefit from the cold-water-cure, and consequently, will be disposed to bring it rather into disrepute, amongst people who do not understand its requisites and management. For, the indispensable requisites for a successful management can be said to be—

*In moral respect* — 1. Confidence. 2. Courage. 3. Perseverance.

*In physical respect*—1. Fresh air. 2. Right diet and exercise. 3. Good water.

With these conditions, results may be expected from the cold-water-cure, like those which have been styled, with-

out impropriety, the miracles of the day, in consideration that facts may be styled miracles, the impossibility of which has been declared by the most learned and experienced classes of men—I mean cases, the cure of which has been pronounced impossible by the whole faculty of certain countries.

Such cases, which have been called by the German press the miracles of the day, have appeared, during the last twelve years, so frequently on the stage of publicity, that we possess, in the German literature, about 180 books, of more or less size, devoted by the authors only to the description of their own cases, which, after having been declared incurable by a full evidence of professional competency, have still been cured by the hydropathic treatment. The quotation of the names of the patients, with all particulars, is guarantee enough for their veracity, and allows the conclusion that there may yet exist ten times more of such wonderful cases, which appear not on the stage of publicity, on account of the character of the diseases or of the patients, or on account of many other causes, which furnish an objection to the publication of the names, and which may easily be imagined by any one.

But amongst those cases, which, with the names and all the particulars, belong to the public, being published by the patients themselves, I shall quote here only one, and am pleased to be able to introduce to the English public just that which has created in Prussia, especially in Berlin, the great enthusiasm for Hydropathy which there exists. It is a case of a Prussian nobleman, which first attracted the attention of the King of Prussia and other German sovereigns to Hydropathy, and in consequence of which, the Governments of Prussia, of Bavaria, of Sachsen-Coburg, and of Reiss-Lobenstein, have taken notice of the fact of Hydropathy, by granting buildings, grounds, sums, and privileges for the establishment of the first normal hydropathic institutions in the respective countries. It is Baron de Falkenstein, Captain in the Foot-Guards of the King of Prussia, who, in 1837, published a work containing his case, pronounced incurable by the faculty, and still cured by V. Priessnitz, of Graefenberg.

Baron de Falkenstein, a young, well-formed man, 30 years of age, having laid one night on the damp grass, in a camp of review, caught the rheumatism in his knee. First, he took the usual alopathic remedies, and tried all kinds of ointment, but without relief. On the contrary, the knee became, through these irritating ointments, the

focus whereto the peccant humours of the system were especially attracted, and in which they were accumulated.

It swelled, and became extremely painful. The vapour-baths at Berlin were applied in vain. Then he resorted again to Alopathy. At length a wound was formed at the knee, to facilitate the evacuation of the peccant humours. The greater the discharge, the worse was the matter that was formed or attracted from the body, and the larger did the wound become. Even fresh eruptions and wounds appeared, and soon formed, in connexion with the first wound, a thorough ulceration of the leg for about one foot above and below the knee, so that only by injections was it possible to administer the cleansing medicine to all the diseased parts.

The destructive process of decay, accompanied by the most dreadful pains, rapidly grew to such a height, that eight of the most eminent surgeons and physicians, who were successively engaged in the cure, at last, after several consultations, declared the necessity of amputating the Baron's leg, for the sake of saving his life.

Thus he was declared incurable by eight of the first physicians of Berlin, after having undergone their painful treatment for two whole years. The consequence of these two years' treatment was, in fact, nothing else than that a simple case of rheumatism, by virtue of the constant application of medicine, and the incessant re-production of bad matters in the body, was so fearfully increased, that the patient became reduced to a mere skeleton.

During the last year, he could no longer leave his bed, and every movement was accompanied with agonizing pains. He was also obliged to keep his knee, day and night, in a sling, suspended from the ceiling, in order that the drug infusions might penetrate the channels of decay (fistulas), which were formed from the knee downwards to the ankle, and upwards to the hip, undermining every formation of the leg.

When at length his medical advisers arrived at the conclusion that the leg must be amputated, he wrote first to Priessnitz, whose profession was at that time scarcely recognized in Berlin amongst the high society in which the Baron moved. Priessnitz invited him to come, and promised to do the best he could. Scarcely, however, could he profit by this new spark of hope, which he saw in Graefenberg, so nearly was he disabled from undertaking the journey. The distance from Berlin to Graefenberg is about 300 miles, for the accomplishment of



which he found it necessary to occupy six weeks. He arrived there in a state which portended his early death, rather than his entire cure. Even Priessnitz did not venture a decided promise of success, to such an extent had the destruction of the leg and the debility of the whole system proceeded. However, the Baron soon felt relief from his pains, and, for the first time for two years, experienced the delightful invigoration of a sound night's repose. His wounds were cleansed without pain, and the chronic wound fever left him during the first four weeks after the application of the water.

In three months he could walk comfortably with the help of crutches. When six months were elapsed, he only wanted one, and, incredible as it seems, after a year's stay in Graefenberg, when, on the birth-day of Mrs. Priessnitz, a ball was given by the patients, he was able to lay his crutches at the feet of Priessnitz, and to open the dance with the wife of his benefactor. This was a scene which all the patients present at Graefenberg witnessed, with tears in their eyes, and which is become renowned in the annals of Hydropathy as one of the most touching moments in the history of Graefenberg.

He remained there six months longer, until entirely new-born, and wrote there the history of his case, and a description of the whole treatment. He returned to Berlin in 1837, one of the most healthy men of that capital, and enjoys the use of his legs as fully as he ever did before. His cure, of course, made not a little noise in the capital of Prussia, and the attention of the King, to whom he was already reported as having left the service on account of incurability, was especially drawn to this unexpected re-appearance of one of his officers. Thus it happened, that Hydropathy became at once a topic of conversation to the court and to the government, and consequently to the whole country of Prussia. Many public governmental steps in its favour were the consequence, as the grant of a golden medal, with a prize, to the best hydropathic therapy of a Prussian author; the permission of the free practice of Hydropathy by non-medical men; and the consequent recognition of the profession of hydropathic practitioners as distinct from that of medical practitioners; and the grant, in several instances, of money and grounds for the establishment of hydropathic institutions.

To return to my explanation of the *curative* use of fresh spring water. I will now give you an outline of the

practice of the system, or of the technical application of the hydropathic method, as it is practised in the existing water-cure institutions in Germany. Whoever will examine them closely, and pay due attention to their connexion with human physiology, will easily discover in them the rule for his own domestic use in most cases of slight indisposition.

The application is generally divided into the following 9 branches:—

1. DRINKING.
2. FULL BATHING AFTER SWEATING.
3. FULL BATHING WITHOUT SWEATING.
4. PARTIAL BATHING OF PARTICULAR PARTS.
5. DOUCHE, OR SPOUT BATH.
6. COOLING POULTICES.
7. ANIMATING BANDAGES.
8. INJECTIONS.
9. FRICTIONS.

### 1. *The drinking*

is intended to supply the system with as much *fresh water* as it can consume without inconvenience. The beneficial consumption of water can, if necessary, be raised to an incredible quantity, regulated always by the strength of the physical vitality in the body, and the means of absorption produced by violent exercise and profuse sweating.

The right measure of drinking, and the patient's satisfactory judgment about it, depends on the principle expounded in my preceding Lecture. The experience in the different water-cure institutions demonstrates, that expediency occasionally admits, with advantage, of the quantity of 10 to 20 pounds of fresh spring water daily. The generality of patients consume a medium quantity between these extremes.

### 2. *The full bathing after sweating.*

The patient is wrapped in some large blankets, which are tied in, one after the other, as tight as can be borne: the face and head remain uncovered. In this form of a mummy, the patient is covered with feather-beds, or a dozen other blankets. The purpose of this close covering is to concentrate that heat which escapes every

moment from the pores of the skin, in order that it may become sufficient to create perspiration.

As soon as the first symptom of it presents itself on the face, the windows are opened, for the free access of the fresh air to the lungs, and small quantities of fresh water are administered to the patient from time to time, in order to refresh the stomach, and to furnish renewed sustenance for the loss of fluids; but it must never be given in such quantity as to interrupt the process of perspiration.

An acquaintance with the constitution of the patient must first be obtained by the practitioner during the first week or two, in order to judge of the degree of application required. *The same is necessary also in most cases of the hydropathic treatment.* This system of perspiration is the most efficient that ever has been tried; and, as a cleansing process of the whole interior system, is efficacious beyond all description, because it may be pursued for a year or two (every second day) without injuring any part of the system—serving, on the contrary, to purify and strengthen it thoroughly. Such a perspiring process throws the peccant humours from all internal parts of the system to the surface. There they regularly form eruptions and ulcers. The more profuse the discharge of these eruptions, the more promising of a successful cure. Their formation and breaking are technically called, in the hydropathic institutions on the continent, “crisis,” because they are mostly accompanied by a great deal of excitement, often by pains and high fever.

By this new kind of process, (the honour of inventing belongs especially to V. Priessnitz,) the discovery of a highly-important fact has been made, which, perhaps, more than all other arguments, will convince patients of the permanently poisonous influence of drugs, and of the radical curing effect of the hydropathic treatment. It is invariably found, that the sweating process brings out the odour, and often the visible substances, of such medicine as the patient took in large quantities even five and ten years before, as, for instance, mercury or calomel, sulphur, camphor, moschus, asafœtida, &c. &c.

This proves the deplorable fact, that the whole world has laboured under a great error, in believing that the poison of medicine, after having been imbibed into the system, according to the prescription of the physician, and performed its office, is then regularly evacuated by the power of nature.

But no such thing is the real state of the fact.

After the patient has sweated in the blankets a suitable time, (from half an hour to two hours, according to the case, and the person's power of endurance,) they are loosened, to enable him to walk a few steps to the cold plunging bath. There, the forehead and the chest are slightly washed with a sponge; and directly he is out of the blanket, the patient plunges, covered with perspiration, into the cold bath, where he must remain from one to four minutes entirely under water, except the mouth and nose, and rub himself as freely as he can.

During the first week or two, patients of delicate complexion are indulged with a tepid bath, as a preparatory measure, or with a rubbing of wet towels.

The principle of this practice is already to be found in the experience very widely diffused in Russia, that the warmer the skin, the more electrical is the shock of the cold bath. The general opinion of the faculty, that from such an act would absolutely ensue *death*, or destruction of the health for life, is now, through the hydropathic practice, shown to be but a delusion of the imagination, as it was already proved in the Russian popular bathing practice, by some centuries of experience.

We must not here lose sight of the important circumstance, that the hydropathic perspiration is called forth without agitating the lungs, or exciting the circulation of the blood to any unhealthy degree. In cases in which perspiration is caused by strong bodily exercise, the effect will be very different from that produced in the hydropathic treatment, and may turn out very injurious to health. But when the lungs are not already agitated, the popular experience of the Russians teaches the fact, that a cold bath after a thorough good sweating tends to produce the most strengthening effect upon the constitution.

### 3. *The full bath without sweating*

is applied daily for nearly every patient, as soon as he can bear it. It is for the purpose of strengthening the skin, and consequently the whole system, in consequence of the re-action of the vital power which is called forth by its electrical impression, and by its facilitating the secreting-process through the cleansed pores.

It lasts generally from one to five minutes; and delicate patients are prepared for it by tepid baths during the first week or two.

#### 4. *The bathing of single parts of the body.*

These are named according to the several parts to which they are applied, as, for instance, foot-bath, head-bath, eye-bath, sitting-bath, &c. &c., for the application of which fresh water only is used, except when, by new patients and in particular cases, tepid water is temporarily substituted.

Their effect is, first, the animation of the curative power; second, the cooling and dispersion of the blood, if there be any accumulation at the place that the water is applied to; third, also the withdrawal of the blood from other parts where it is accumulated.

These effects are accounted for on the principles which I have already developed in the preceding Lecture with respect to the animating nature of fresh spring water. *The cooling effect* is derived from its fresh and cold temperature. *The dispersion* of blood congestions from other parts, depends on the physiological principle, after which two different kinds of temperature, viz. *cold* and *warm*, tend always to unite themselves in one and the same degree wherever they are brought into contact. This principle in the body is the principle of re-action, the forth-calling of which is the principal object of the hydropathic treatment.

Now, in the case of a sitting-bath, the part of the body exposed to the fresh water communicates as much heat (caloric) as possible to the colder water, and continues to do so, until the temperature of the water is no colder than that of the immersed body. It is a well-known fact, that our nature, if it be not too much encumbered, always succeeds in diffusing, by the circulation of the blood, the vital warmth equally through the body. Hence it follows, that that portion of warmth which has been accumulated in other parts of the body (as it is, for instance, the case in congestions and inflammation of the breast or head) now rushes to the colder parts of the body, which have just lost, in the bath, more heat than can be dispensed with consistently in a normal state.

This effort of nature can be aided also by constantly renewing cold poultices on the part where the accumulation takes place, for instance, on the head or chest, by which means the blood becomes more rapidly restored to the equilibrium of its circulation.

The application of local baths is one which absolutely requires the skill of an experienced practitioner, because



their judicious administration depends entirely on physiological principles, and the art to understand them.

5. *The douche, or water-spout : (if a divided spout, called shower-bath).*

The douche calls forth re-action in so powerful a manner, that the most enlightened scientific men cannot find a more striking analogy to its effect than that of *electricity*.

From its marvellous power may be accounted for the effects which we see produced by the douche. It is especially to its application that have yielded the most obstinate cases of chronic stiffness in the joints, of contraction of the limbs by the gout, tumors, growth of bones, and other chronic deformities, cases, many of which had previously baffled the most enlightened practitioners of Europe, by whom they have been declared incurable before they were submitted to the hydropathic treatment. Still, I wish to observe here also, that the douche, not judiciously applied, can produce great mischief, in consequence of its acute and powerful acting.

6. *The cooling poultices*

may serve either to disperse the preponderating heat from places where inflammation is commencing, or to drive the blood back from places where it is abnormally accumulated, or, in other cases, to contract and strengthen the vessels and muscles wherever the application is made.

7. *The animating bandages.*

A wet linen cloth, well wrung out, is laid very closely on the skin, and tightly covered with a dry threefold linen bandage of the same size, in order to prevent the egress of any steam or heat which results from the wet bandage. The application of the wet sheet, covered with blankets, belongs partly to this class of applications.

These *animating bandages* effect a gentle excitement of the vital heat, retaining it in the place beneath the bandage.

The gentle animation and durable retention of the vital heat in those parts, depends on the same principle as the *sweating process*.

The effect of the heat issuing from the body upon the

wet cloth, is to turn it into a kind of vapour bath. The dry bandage which covers the wet one is almost air-proof, and prevents the escape of the vapour. Thus, the heat becomes more and more concentrated upon the skin, and by it a gentle perspiration is excited, which lasts as long as the bandage remains wet. When, according to the production of heat from the patient, the bandage dries, the perspiration ceases, after having frequently deposited secretions of diseased matter in the wet bandage.

By washing the latter, such will often be found to an almost incredible extent.

These *animating bandages* are used in almost all cases in which chronic pains are felt. They are of so soothing a nature, that when put on during the night, they produce good sleep for the patient, where previously disturbing pains produced perpetual restlessness.

For all diseases connected with the stomach and the lower bowels, these animating bandages are put on daily and nightly round the stomach, being renewed three times a day.

### 8. *The injections*

in the hydropathic treatment are made only with fresh cold water, except in some extraordinary cases, when tepid water is used.

Considering the diluting quality of fresh water, as well as its contractive nature, it becomes conceivable how such injections, directed against disorders of the most opposite appearances, are always administered of the same material, *cold fresh water*, and with wonderful success. For instance, they are applied in cases of costiveness as well as diarrhœa; and the propriety of this becomes more conspicuous, when it is understood, that both appearances are generally based *upon one and the same cause—weakness of the bowels*. These will be improved in vigour by the *fresh water*; and thus the seemingly opposite disorders removed in their common source by one and the same remedy.

### 9. *Friction (rubbing) with fresh water.*

It is done with the bare hand, dipped from time to time in fresh water, and is one of the most effectual means to create re-action in those parts which want an active outward help in their passive state.

Having now given a short outline of the usual applications in the hydropathic treatment, I am bound also to say, that, clear as the connexion between their causes and effects seems to be, it is still not without risk that the treatment is tried, unless the patient be first prepared for it, and his administering doctor thoroughly experienced in the practice.

Also, its success can only be expected in cases where not any of the three following conditions exist:—

1st. Such a reduced vitality that no re-action can be excited.

2nd. A born or organic deformity.

3rd. A brought on organic destruction.

It is true, slight mistakes cannot be of any injurious consequences, even under the hand of strangers to the system; but they may furnish sufficient ground for the parties to bring the system into disrepute, and thus deprive them of the benefit of its wonderful efficiency, which has been proved in all cases where it has been judiciously administered.

As a kind of support for this latter assertion, I feel bound to state some of those cases of my own practice in this country, which, by a kind lead of Providence, I am so happy as to be able to call the first hydropathic facts furnished in England, I having been the first who introduced this practice into this country, by opening, on the 1st of December, 1841, a private water-cure establishment in the school of Mr. Wright, Ham Common, Surrey, for the inmates, friends, and neighbours of the school, to whom I administered the treatment merely for my own satisfaction, without any money-return, as all may testify whom I have cured.

“ Agreeably to the request of Mr. Schlemmer, Hydropathist, from Anspach, I have great pleasure in stating the fact, that during his stay at Ham, Surrey, for the purpose of acquiring the English language for himself and sons, he introduced the cold water practice amongst us, with very satisfactory success. The household, averaging between 40 and 50 persons, were induced to bathe regularly once a day, early in the morning—a habit which was continued with delight to themselves during the whole winter months. Gentlemen, ladies, and children of both sexes, entered into the practice with enthusiasm, one lady having bathed, with wonderful advantage, during the whole of her pregnancy, up to a period of a few hours only before her delivery. Cold water, as a beverage, was also partaken of freely, and during the entire period, a very remarkable state



of healthiness was preserved through the whole school. I cannot, however, refrain from observing, in justification of my own convictions, that the healthy effect of the water with us was greatly promoted by our simple habits of life, we, as a family, renouncing altogether the use of animal food, of tea and coffee, and all stimulating drinks.

“Mr. Schlemmer also undertook the cure of all cases of indisposition, such as coughs, indigestions, diarrhœa, chilblains, contusions, congestion, &c. &c., among which may be selected the following, the full particulars of which can be furnished, if necessary:—

“A case of croup, cured in 4 days.

“A case of cough, with high fever, cured in a week.—This case had been under medical care a few weeks previously, without any alleviation of the symptoms; but by Mr. S.’s treatment, the very painful cough was entirely subdued the first night. When fairly in the process, the child did not cough once.

“A case of fainting fits, a lady, relieved always immediately.

“A case of violent diarrhœa and vomiting, cured in 2 days.

“A case of nervous fits, a lady, cured almost immediately.

“A case of serofulous eruption on the whole surface of the body, cured in 2 months.

“Another case, very similar, cured also in 2 months.

“A case of violent tooth-ache, of 7 days’ standing, in 2 days.

“A case of gastric fever, with an attack of cholera, in a fortnight.

“A swelling of a bony hardness on the foot, of 4 weeks’ standing, cured in a fortnight.

“Seven children of the measles, all cured with facility in various periods of from 4 to 7 days.

“HENRY G. WRIGHT.”

“Allcott House School, Ham, Surrey.”

Besides this testimonial, the following patients have especially allowed me to refer any inquirer to them, with respect to their own cases, all of which have been successfully treated by me:—

1. George F—d, Esq., from Cheltenham, suffered from an attack of gout, which, on all former occasions, had invariably kept him, under medical treatment, for at least 6 weeks in bed. This time, the ankle and knee of the right leg were so swollen, that the least movement caused great pain, and walking was impossible. The first day he underwent the treatment, after the cold bath, he walked for an hour with the help of a friend. The second day, with a crutch and a stick, he walked for two hours. The third day, with one stick, the same. But after 5 days’ treatment, he walked, without any stick, eight miles, and

considered himself quite relieved. Not only had the patient never, on former occasions, been so quickly and so painlessly cured, but he never before enjoyed, during and after the curing process, so good a state of stomach and bowels, having previously always been deranged in those parts, by the great quantity of physic administered and the long confinement to his bed. Costiveness, want of appetite, head-ache, and low spirits, were formerly the concomitants of such attacks. On this occasion, none of those symptoms could appear, the fresh air, the exercise, the regular diet, as auxiliaries of the hydropathic process, being the best preventives against those evils.

2. Mrs. F—d, from Cheltenham, suffered from a tic douloureux, of 12 years' standing, against which she had, during all this time, in vain tried the advices of the most reputed physicians in England and France. In the last years, the general aching in the head did not leave her for a moment; so that she could not enjoy a single night's repose, and the violent attacks of agonizing pain made their appearance at least every two or three days, usually for a period of from half an hour to one hour. I stated, that twelve months were at least necessary for the entire cure; but having been (after three months) so much benefited by the treatment, that she had, during this whole time, only two slight attacks, of merely ten minutes' duration each, she considered herself almost cured, and returned home, proposing to continue the course of treatment. Thus her whole system of spirits were penetrated with the consciousness of a new health; and she felt her case to be a satisfactory evidence of the blessing of Hydropathy.

3. Mr. A. Johnson, a lad 16 years of age, of a remarkable strong and tall constitution, suffered during six years from apoplectic fits. The attacks occurred on an average three times a week, lasting from half an hour to two hours, and leaving the patient afterwards for a long time in a state of painful exhaustion and low spirits. He has continued the treatment since Christmas, 1841; but it should be observed, that, as he wished not to be interrupted in his ordinary avocations, he has used the prescribed means in so superficial and desultory a manner, that this can, by no means, be called a regular course of treatment. The result, however, has been, up to this date, July 1842, that he has had, during the last seven months, only five fits, amongst which three did not last longer than ten minutes, being of a very slight nature. The exhaustion and low spirits, also, no longer appeared as consequences after them. The state of his health in general is wonderfully improved. The head-ache and giddiness, to which he was permanently subjected, have left him entirely, and he has not been one day prevented by the treatment from following his usual occupations.

4. The child of Mr. M——d, London, a boy, 3 years of age, suffered from a dryness of the whole skin, with eruptions and scurvy on the face and head, and a swollen, hard belly, all of chronic standing. In consequence of physicing the child, for the last year by the one doctor against a liver disease, by the other against constitutional, it fell, in addition to his constitutional diseases, into such a dulness of spirits, that it was almost given up by the parents, and placed under my care, with this declaration. However, after 5 months' treatment, the belly is of regular size and functions, the eruptions are gone, the dryness of the skin is partially healed, and the child in as good spirits as any other healthy child of his size.

4. The child of Mr. Torras, 7, Palace Row, New Road, a girl  $2\frac{1}{2}$  years of age, was attacked by a gastric fever, with an affection of the lungs and the nervous system. Symptoms of an inflammation of the brain had appeared. Physic, and leeches at the temples, had been administered, during a fortnight in town, with no other result than that of more and more deranging the whole system. The father, having heard the declaration that medical science could not do any more for the moment, thinking then, in the last stage of hope, that the cold water could do no harm, as the mischief was already done, came, at 10 o'clock in the evening, in a cab to Ham, the child upon his arms, in a high state of fever and weakness. Had I had my free choice, I would not have undertaken such a case, so reduced was the animal vitality in the child; but once in the house, I could not refuse to do my best. She was enveloped in the wet sheet, and her feet were, from time to time, rubbed with fresh water during the night. In the morning, she could already bear a cold bath, which was administered in the father's presence, who witnessed, during the first two days, every step of the treatment, and its wonderful success. After a week, she was out of danger; and after another week, every symptom of illness had left her. She returned in the third week, and has enjoyed, ever since, the best state of health.

5. The same parents are able to bear testimony to another cure of one of their children, which, simple as it is, will, at the present moment, still task the belief of the public.

Vincent Torras, a boy 4 years of age, caught the measles from the six other children, who were all successfully treated according to the above statement of Mr. Wright. He fell sick on a Saturday, and underwent the hydropathic treatment, under the eyes of his parents, who came alternately every day from town to Ham. With such success was the cure conducted, that the measles, which came out over the whole body in full vigour, were radically expelled by the suitable perspiring-process, and the child restored to full health on the following Thursday;

when, after a cold bath, he walked out with his mother into the garden, playing and running about as if nothing at all had happened to him.

6. Mr. Kennard, of Ham Common, 58 years of age, suffered from blindness, of 14 years standing, during which time he was unable to walk out of doors without a guide.

At the same time, he suffered from dispepsy and from piles. When I undertook the treatment at his own house, I promised only the radical cure of the latter two evils, for which I required about nine months, not venturing any promise about the cure of his eyes; but after two months' treatment, at once the power of sight re-appeared in one eye so powerfully, that, in spite of the deformed skin which covers the pupil of the eye, he can see and distinguish the surrounding objects, according to the light of the day and the state of his health—one day more, another day less. Meanwhile, it is a fact, that he walks out without any guide as far as Richmond and Kingston, often nine miles a day, which proves that he must have wonderfully improved in general health as well as in his eyes. The symptoms of piles and dispepsy die away rapidly; so that he already enjoys the consequences of these improvements in a good appetite, regularity of the bowels, a sound sleep, and painless piles, of all which he had, during the last seven years, scarcely known anything more than the idea. Thus I am allowed to draw the most favourable conclusion for his further cure from the facts of the first three months. Although I see no possibility for the restoration of those organs of sight which are really destroyed, still a partial restoration has been, and will still further be effected, which enables him to dispense with that assistance on which he has been dependent for the last fourteen years.

*\*\* For further particulars about Hydropathy, and its historical facts in Germany, I refer my readers to the best English work which has yet appeared on the subject, by H. F. Claridge, Esq., price 5s., published by Madden & Co.*

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#### ERRATA.

Page 14, line 26 from top, for "dead," read "decomposed."

— line 30 — for "except," read "including."

Mr. SCHLEMMER may be professionally consulted, every Monday and Saturday, from 11 to 2 o'clock, at No. 3, Spring Gardens, by persons who are anxious to ascertain—

1st, If their cases are fit for the hydropathic treatment or not.

2nd, If their cure requires absolutely their stay in the establishment, or if it can be done at their house; and

3rd, What hydropathic means are to be prescribed for their home treatment.

His terms are:—

For the first consultation, with prescription, *half a guinea*.

For consultation, without prescription, *according to the time occupied*.

For the first visit in town, on the above days, *one guinea*; for each subsequent visit, *half a guinea*.

Patients who cannot afford these terms, and are still full of enthusiasm for the system, may apply for an exception.

On the above days, he will also see patients who are not able to leave their home, or whose cure can be performed by applications at their houses. But to avoid the mischief done to the patients by a deficient execution of his prescriptions on the part of the family, by which the system would be brought into disrepute, he does not undertake any case of importance in town, except under the condition that one of his hydropathic pupils be admitted as attendant (not servant) during the early part of the process, and during the time of the crisis.

This is absolutely requisite, for the purpose of securing the success of the prescriptions in a system so new to the public, and so opposed to the general ideas of all servants and usual attendants who surround the patients.

The attendant sent for this purpose will initiate, by his or her own example, the patient in the dietetic particulars, will apply the prescriptions with practical skill, watch the process, keep a diary, and give in writing a daily report to Mr. Schlemmer, at Stanstead Bury, who, by this means, will, generally, not be required to see the patients more than once a week.

The terms for the attendants, male or female, are, free carriage, board and lodging, and *2s. 6d.* per day.

Families who are anxious to introduce the *dietetic* use of Hydropathy, as a *preventive* to the frequent illnesses to which persons, especially children, in town-life, are subjected, and who want, for this purpose, to be seen regularly every week or fortnight, may forward personally their propositions. Mr. SCHLEMMER will meet them with as moderate a charge as his ardent/English desire for introducing this invaluable gift of Providence in the heart of the public will dictate.

\*.\* The case of the patient should always be presented in writing, with full particulars; then the answer of Mr. SCHLEMMER will be communicated by his Secretary, also in writing, without any additional charge to the above stated.





